

**CCHC LESSON PLAN FOR
HEALTH ISSUE TRAININGS/CLOCK HOURS**

Presentation Title: Breastfeeding Support and How to Become Breastfeeding Friendly 1.0

Submitted by (LPHA name or DHSS): Department Standard Lesson Plan | Date submitted: June 12, 2018

Learning Objective(s):

Participants will:

1. Identify three benefits of breastfeeding for children, women, and society
2. Name the proper storage methods for breast milk
3. List three steps to making your center a breastfeeding friendly center

Presentation Outline:

PART I:

- Breastfeeding BINGO
- AAP Policy Statement on Breastfeeding, Healthy People 2020, and current statistics
- Benefits for : Mom, child care provider, children, and society

PART II:

- Breast milk: Characteristics, compared to formula, handling, preparing, storing, and feeding

PART III:

- Supporting breastfeeding moms in the workplace: What is needed and benefits
- Voluntary recognition programs and criteria
- Q&A

Resources used (power point, video, props):

- DHSS Supporting Breastfeeding in Child Care PPT
- Breastfeeding BINGO Game
- AAP Policy Statement on Breastfeeding
- Missouri Breastfeeding Friendly Worksite Program brochure

Clock Hour Trainings are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for clock hour trainings should use this template and submit to the CCHC Program Manager for approval. Clock Hour Trainings already approved by the CCHC Program Manager and the MO Workshop Calendar are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.